

# TRURO LOG

JUNE 2011

TRURO COUNCIL ON AGING

[WWW.TRURO-MA.GOV/COA](http://WWW.TRURO-MA.GOV/COA)

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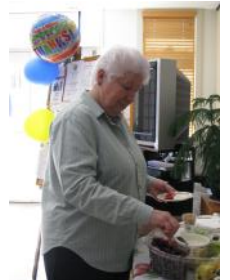
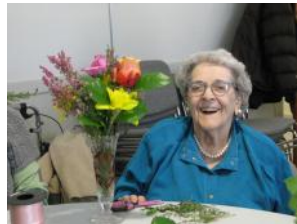
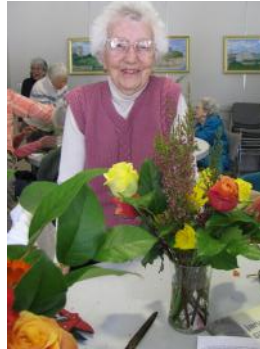
Café & Movies

Calendar

## wedding celebration



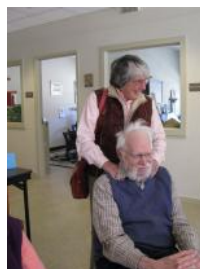
## flower arranging



## poetry reading



## volunteer recognition





### **ART & ALZHEIMER'S & MUSIC**

An innovative program designed to increase communication between people with Alzheimer's disease and their caregivers.

Music is now being incorporated into this popular discussion group. Session will be facilitated by Brianna LePage, music therapist from Boston's Berklee College of Music.

**Tuesday, June 21st  
1:30-2:30P.M.**

### **MYSTERY BOOK CLUB**

**JUNE 10**

### **JUPITER'S BONES**

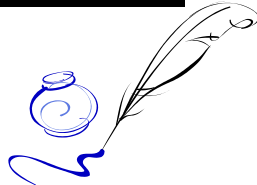
Faye Kellerman

### **MEMOIRS READING**

Members of the Memoir

Writing class, taught by Rosalind Pace, will present excerpts from their new work on **Sunday afternoon June 12 from 2-4P.M.** at the Truro Council on Aging. It should prove to be quite a unique event. Refreshments will be served.

**It is free and open to the public.**



### **Ice Cream Social**

Come in and join us for an intergenerational celebration with the Truro After School Program and The Truro Senior Center. We'll have all the "fixens" for make your own sundaes. Come in and start the summer off right!

**Wednesday, June 29, 1P.M.  
FREE**



The VNA will be at the COA for a presentation on Fall Prevention. There will be plenty of time for questions and answers, so come by for information on this important subject.

**Thursday, June 16th  
1:30-2:30P.M.**

### **MFA Bus Trip -CHIHULY EXHIBIT**

**Tuesday, June 14**

Over the course of his career, Dale Chihuly has revolutionized the art of blown glass, moving it into the realm of large-scale sculpture and establishing the use of glass—inherently a fragile but also magical material—as a vehicle for installation and environmental art. This exhibition of new and archival works represents the breadth and scope of the artist's creative vision over the last four decades.

Co-sponsored by the Wellfleet and Truro Councils on Aging.

Reservations **(by June 6)** and payment in advance required. Call 508-349-2800 for reservations and information.

Adults \$47

Seniors(60+) \$45



Back to Hyannis -

**Shoppers choice!!** The Mall?

Christmas Tree Shop? Trader Joe's?

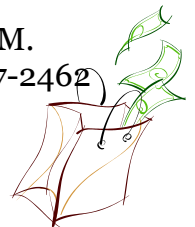
K-Mart?.....let us know and we

can schedule the van to accommodate.

**Friday, June 17**

Meet at the Truro COA at 9A.M.

Reservations a must..508-487-2462







## SURVIVING WITH A BLAST LIFE ENERGIZED!!

A four week workshop running from **June 8th-29th**

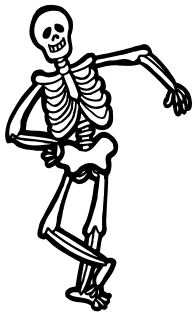
Join and meet workshop creator and facilitator, Certified Professional Life Coach, Maggie French and hear about this exciting 4 week workshop.

Highlights:

- \*Learn about the seven levels of energy
- \*Your unique traits and how they play out at each level
- \*How to identify the obstacles that hold you back
- \*How to maximize your use of energy to achieve your goals

This fun and educational series will be held every Wednesday Beginning June 8, 6-8P.M. at the Harwich Community Center. RSVP for workshop by calling 508-430-8111 or email [info@wecancenter.org](mailto:info@wecancenter.org)

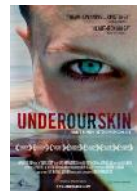
## All You Ever Wanted To Know About Osteoporosis



Please join us on **Thursday, June 23rd at 1:30** to learn more about this hot topic. **Kathy Stetson**, physical therapist and exercise instructor, will talk about osteoporosis diagnosis, treatment and prevention. Learn about the risk factors for this common condition and what you can do to manage them. We will talk about how to interpret your test numbers, what types of treatments doctors prescribe and what you can do to decrease your risk for fractures. We will also discuss the role of exercise in maintaining bone health.

## UNDER OUR SKIN

Director: Andy Abrahams Wilson



Exposes the hidden epidemic of Lyme disease and reveals how our corrupt health care system is failing to address one of the most serious illnesses of our time.

Movie showing at the COA **Tuesday, June 14, 1:30**

The COA

Luncheons are on **Tuesdays at 12:30** and are always great!

A lot of the time we have some sort of entertainment or event that follows. Make sure you check out the calendar!



## COA GALLERY - JUNE

### ROBERT HENRY & SELINA TRIEFF

Selina Trieff and Robert Henry, two artists who have been married for 55 years, are having a joint show of small works at the Truro COA in June 2011. They both studied with Hans Hofmann in Provincetown and New York in the 1950's, and have extensive exhibiting, teaching, and collections histories.



Drawing is very important to both of them and they both will be showing works on paper. Trieff has been working recently with Sharpie pens. These works, usually of one or two women, are highly personal and expressive. She will also be showing some of her signature small oil and gold leaf paintings. Henry will be showing gouache paintings, a medium that he has been using recently to explore for subjects and compositions that he later realized in larger oil paintings.

**Opening Reception is Sunday,**

**June 5, 2-4P.M.**

*All are welcome.*



## COA GALLERY - JULY

### TINA TARANTAL

Elsa (Tina) Tarantal is a graduate of The Cooper Union in NYC and The University of Pennsylvania where she earned an MFA in sculpture. She is a Professor at The University of the Arts in Philadelphia where she teaches Three Dimensional Design and Figure Modeling. She has also taught portraiture at the New York Academy of Figurative Art. Her sculpture and painting can be seen at the Kendall Gallery in Wellfleet where she has exhibited her work for over twenty-five years. She is a member of the National Sculpture Society.



**Opening Reception is Sunday,**

**July 3, 2-4P.M.**

*All are welcome.*



**John Carbone's  
Friday at the Movies**

**June 3**

**SHE DONE HIM WRONG**  
(1933) Mae West & Cary Grant

**June 10**

**Pickup on South Street**  
(1953) Richard Widmark &  
Jean Peters

**June 17**

**CASABLANCA** (1942)  
Humphrey Bogart &  
Ingrid Bergman

**June 24**

**FORREST GUMP** (1994)  
Tom Hanks & Robin Wright

Movie begins at 1:30  
**FREE POPCORN**

Please call if you need any  
further info. 508-487-2462

**JUNE  
COA CAFÉ**

**TUESDAY 12:30**

**\$7.50**

**June 7**

Herb Rubbed Flank Steak  
Mashed Sweet Potatoes  
Peas & Carrots

**June 14**

Pan Seared Chicken w/  
Capers, Wine & Herbs  
Pesto Tortellini  
Vegetables

**June 21**

Cup of Soup  
Fish Cakes  
Slaw Salad

**June 28**

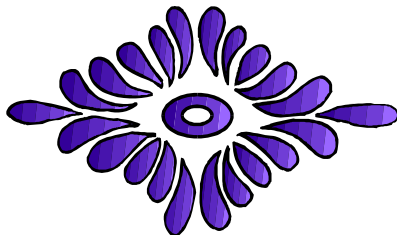
Sweet Rosemary -Dijon Ham  
Roasted Potatoes  
Greens



**JULY  
COA CAFÉ**

**MENU  
RUNNING LATE!!**

**LOOK FOR THE  
JULY LUNCH  
FLYERS  
AT THE COA**



**Mail or bring this form to the  
Friends of the Truro COA, P.O. Box 1011, Truro, MA 02666 by June 7, 2011**

**SENIOR CITIZEN OF THE YEAR**

We need your help! Please take some time and think of all the marvelous people in Truro and  
nominate your favorite!

I Nominate \_\_\_\_\_

for **Truro's Senior Citizen of the Year** for the following reasons:

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Truro Council on Aging provides transportation services, primarily to seniors and non-seniors, who have transport needs that are vital to their health and quality of life.

We provide this service to the best of our ability, but through the year there may be extenuating circumstances that cannot be avoided that could hinder our scheduling. For this reason, the options listed below are a wealth of information for those whose needs may not be able to be met through the COA.

# TRANSPORTATION OPTIONS



## DART

### Dial A Ride Transportation

The Cape Cod Regional Transit Authority has changed the name of their door to door service from B-Bus to DART.

Dial A Ride Transportation is available to all Cape Cod residents for any purpose.

Hours of Operation

**Monday-Friday**

**7A.M. - 7P.M.**

**Saturday 9A.M. - 7P.M.**

**Sunday 9A.M. - 1P.M.**

**Reservations**

**are required.**

**Call CCRTA**

**1-800-352-7155**



## REACH

### Reaching Elders with Additional Community Help

Volunteers provide rides and assistance to those discharged from Cape Cod Hospital. Contact the Social Worker at the Emergency Room or the Discharge Planner for help with scheduling this service.

## BHT

Enjoy comfortable and safe wheelchair accessible transportation from Cape Cod direct to Boston Hospitals. CCRTA provides medical transportation services on Monday, Tuesday, Wednesday and Fridays by reservation to 15 Boston area hospitals. The BHT has bus stops in Wellfleet, Eastham, Orleans, Harwich, Barnstable Commuter Lot and the Sagamore Commuter Lot. Schedule your medical appointments between 10:00 AM & 2:00 PM. The Bus will leave Boston by 3:00 PM.

### Pick Up Time Location

7:00 AM	Wellfleet (Outer Cape Health)
7:10 AM	Eastham (Superette Rt.6)
7:30 AM	Orleans (Shaws)
7:45 AM	Harwich (Rt.6 & 124 Commuter Lot)
8:00 AM	Barnstable (Rt.6 & 132 Burger King)
8:15 AM	Sagamore (Commuter Lot)

(Reserve **no later than** 11:00 a.m. the day before you wish to travel)  
Fare \$30.00 ROUND TRIP / \$15.00 ONE WAY

ESCORTS ALLOWED BASED ON SEATING AVAILABILITY  
(escort confirmation received day before appointment)

### FOR RESERVATIONS CALL

**1-800-352-7155**

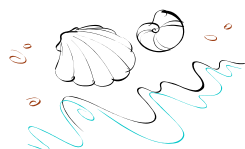
Monday thru Friday

8:00 AM to 5:00 PM

- Beth Israel/Deaconess Medical Center
- Brigham and Women's Hospital
- St. Elizabeth's
- Mass. General Hospital
- Mass. Eye & Ear Infirmary
- New England Baptist Hospital
- Boston Medical Center
- Shriners Burn Institute
- Children's Hospital
- Dana-Farber Cancer Institute
- Veterans Affairs
- Joslin Diabetes Center
- Spaulding Rehabilitation Hospital
- Tufts N.E. Medical Center: Floating Hospital For Children & Tufts School of Dental Medicine



# June 2011



Mon	Tue	Wed	Thu	Fri
		<b>1</b> Strength Training 9-10 Weight Loss 10-10:30 Bereavement Support 1-2:30	<b>2</b> Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 Foot Clinic (by appointment)	<b>3</b> Strength Training 9-10 FREE Friday Movie 1:30
<b>6</b> Strength Training 9-10 Memoirs 10:30-12:30	<b>7</b> COA CAFÉ 12:30 Needlework 10-Noon	<b>8</b> Strength Training 9-10 Weight Loss 10-10:30 Legal Assistance (by appointment)	<b>9</b> Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	<b>10</b> Strength Training 9-10 Mystery Book Club 12:30 FREE Friday Movie 1:30
<b>13</b> Strength Training 9-10 Memoirs 10:30-12:30	<b>14</b> COA CAFÉ 12:30 Under Our Skin 1:30 Needlework 10-12 <b>Board Meeting @ Sea Shore Point 11A.M.</b>	<b>15</b> Strength Training 9-10 Weight Loss 10-10:30	<b>16</b> Wii 10:30 Men's Group 9-10 NO CORE NO PACE Mahjongg 1-4 <b>FALL 1:30 PREVENTION</b>	<b>17</b> Strength Training 9-10 Hyannis Shopping 9A.M. FREE Friday Movie 1:30
<b>20</b> Strength Training 9-10 Memoirs 10:30-12:30	<b>21</b> Story Swap 11 A.M. COA CAFÉ 12:30 Needlework 10-Noon <b>ART &amp; ALZHEIMER'S 1:30-2:30</b>	<b>22</b> Strength Training 9-10 Weight Loss 10-10:30	<b>23</b> Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 <b>Osteoporosis Talk 1:30</b>	<b>24</b> Strength Training 9-10 FREE Friday Movie 1:30
<b>27</b> Strength Training 9-10 Memoirs 10:30-12:30	<b>28</b> COA CAFÉ 12:30 Needlework 10-Noon	<b>29 ICE CREAM SOCIAL 1P.M.</b> Strength Training 9-10 Weight Loss 10-10:30	<b>30</b> Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	

**TRURO COUNCIL ON AGING**

**P. O. BOX 500**

**TRURO, MA 02666**

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

## CURRENT RESIDENT OR

### **TRAVEL**

The Truro Council on Aging will be advertising trips that are offered through Funtastic Getaways . The organization is out of Falmouth, but they have a pick up for day trips as close as Patriot Square in Dennis. If you're interested in a particular trip, **call Funtastic Getaways directly for additional information and reservations. 508-457-7461 or toll free 866-518-6877**

#### **Monday, June 6 - Rockport, Gloucester's Hammond Castle & Harbor Cruise**

Enjoy the beautiful seaside artist colony of Rockport and the fishing village of Gloucester. In Rockport browse the shops and galleries. Tour beautiful Hammond Castle in Gloucester. The day will end with a scenic, narrated 1 1/2 hour cruise on Gloucester Harbor and Cape Ann. \$79

#### **Friday, June 17 - World Flower Show in Boston**

Held at the Seaport World Trade Center, 30 countries that comprise the World Association of Flower Arrangers will converge in Boston to celebrate the art of floral design. "This Glorious Earth" is the show's theme and competitors may enter one of 30 different classes inspired by this theme. You'll have free time for lunch at Quincy Market & Faneuil Hall before we visit the competition. \$70

### **FRIENDS OF THE TRURO COUNCIL ON AGING BOARD**

**Friends of the Truro Council on Aging Officers:** John Monahan, Chair; Jeanne Foulke, Vice Chair; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Stephen Currier, Lucie Grozier, Martha Ingrum, Florence Johnson, Diane Rose.

**Council on Aging Officers:** Joan Moriarty, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Carol Green, Joan Holt, Martha Ingrum, John Pendleton, Bernard Robbins, Kitty Stevens, Judith Thompson, Alternate; Claudia Tuckey. **Staff:** Susan Travers, Director; Donna Sutton, Assistant to COA Director; MaryEllen Duarte, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; William Goodbody, Web Master, and Nancy Braun, Dennis Guiney, David Peterman, Farney Schneider and Chuck Zimmer, Van Drivers.

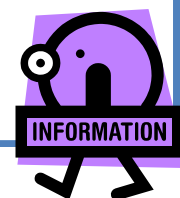
**COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY  
OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462**

*Funding for this newsletter is provided by the Massachusetts Executive Office of Elder Affairs, and the Friends of the Truro Council on Aging. Thank you! And thanks to Naz Basmajian, Nancy Edwards, Bobbie Kane, Joan & John Moriarty, Hilde Oleson and Ginny Sharrock for their invaluable help with the bulk mailing. Thank you to Anne & Howard Irwin for their vigilant proof reading and copy editing.*



## TRURO COA GENERAL INFORMATION

If more information is needed, please call the COA @ 487-2462



**PACE**—People with Arthritis Can Exercise. Slow paced, chair exercise instructed by Kathy Stetson, Certified Physical Therapist. FREE

**CORE CONDITIONING** - Intermediate level workout for the back, abdominals and hips are performed in a variety of sitting, standing and on the floor.

Instructor Kathy Stetson, Certified Physical Therapist. \$5/per class

**STRENGTH TRAINING**—Chair exercises using hand and leg weights. Some standing using strengthening bands. Go at your own pace. FREE

**MEMOIRS**—A group setting of writers who read, write and critique the work of the group members. FREE

**MEN'S GROUP**—A group setting to discuss politics, current events, world happenings or what's important to you. FREE

**COA CAFÉ**—Weekly luncheon, open to all. Reservations **MUST** be made by Monday's at noon by calling the COA. \$7.50

**MAHJONGG**—Weekly gaming open to all that have some experience. FREE

**STORY TELLING** with Dan Lynch—Share your favorite memories and listen to Dan and participants reminisce. 3rd Tuesday of each month. FREE

**FRIDAY MOVIE**—Join some friends or make new ones at the FREE Friday Flick here at the COA. Popcorn provided.

**WII**—Bowling and other sports available to try out. FREE

**HOW**—Helping Our Women with support for women with chronic illness. Open to all women with any type of chronic and life threatening/disabling condition. First Thursday of the month 9:30-11:30. Call for more information 487-4357.

**SIGHT LOSS**—Support group meeting is the 4th Monday, September through June, 10 A.M.-Noon. Transportation available. Call the COA for additional information.

**PEDICARE**—Non-medical foot care by appointment at the COA. First Thursday of each month. **Reservations required.**

**PODIATRIST**— All foot care problems, as well as routine care. Fridays, every other month. **Reservations required.**

**LEGAL SERVICES**—Legal services of Cape Cod & Islands Specializing in Elder Services. 2nd Wednesday of each month. **Appointment required** by calling the COA @ 487-2462.

**WEIGHT LOSS**—Wednesdays, immediately following Strength Training at 10A.M. Free

Check out the Calendar section of the Log to find out more information about dates and times.

Transportation is available by reservation by calling

508-487-2462

